# Substance Abuse Training for Leadership

HQ 6 MCD

# Unit SACO Information

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# Class Purpose

- Provide officers and SNCO officers annual supervisor training in drug and alcohol abuse prevention as directed in MCO 1700.24B.

# Learning Objectives

- Describe the importance of alternatives to substance use
- Describe the early warning signs and the progressive nature of abuse
- Describe leadership responsibilities
- Describe policy on urinalysis testing

# Policy

- Alcohol abuse and the use, distribution and possession of illegal drugs is contrary to the effective performance of Marines assigned to this command and will NOT be tolerated (DistO 5300.1D)

# Leaders Role

- Encourage participation in non drinking, off duty activities
- Recreational activities, making use of special skills and outside interests can reduce stress and combat boredom

# Why Are Alternative Activities Important?

- Social Beings = Social Settings
- We need to increase the number of social choices in order to recreate or socialize effectively
- This in turn will increase our options in dealing with internal and external pressures

# Non Alcoholic Activities

- Intramural Sports
- Unit PT
- Moto Events
- PME/ Field Trips
- Family Days

# Indicators of a Drug or Alcohol Problem

- Genetics/ Family History
- Initial high tolerance
- Begin drinking/ using at early age
- Upbringing
- Hangs out with heavy drinkers/users
- Drinks to get drunk
- Develops high tolerance

# Early Indicators Cont.

- Preoccupied with drinking/using
- Defensive about use
- Drinks alone (heavily)
- Blackouts
- Continued use despite negative consequences (DUI, fights, Blackouts)
- History of multiple drug use

# Early Indicators Cont

- Use alcohol to cope with stress
- Always focused on when to get drunk next
- Guarding the “supply”
- Preflight: Drinking before a drinking occasion

# Progressive Nature of Drug Use/ Alcohol Abuse

- Stages of Addiction:

1. 1st contact with substance
2. Feeling great pleasure with substance
3. Believe life improves with substance
4. Not acknowledging faults or negatives of substance
5. Friendships, work, interests suffer B/C of ones substance abuse
6. Need substance to feel normal

# Progressive Nature of Drug Use/ Alcohol Abuse

- Stages of Addiction (Cont):

7. Deny substance is hurting ones life even when pointed out
8. Feeling anxious, depressed, angry, or ill when substance is not available
9. Feeling miserable or uncomfortable when using substance but not willing or able to stop using

# Enabling

- The act of shielding someone from the consequences of their behavior
- Can be done by family, friends, coworker, supervisors

# Is this Enabling?

- Cpl Toughguy gets into a fight while drunk for the second time. He promises it will not happen again. His section head says it better not and assigns him duty for the following weekend.

# Why do we Enable?

- Afraid to loose friends
- Afraid of confrontation
- Be the “good guy”
- Afraid of ruining a career
- Afraid to loose a good Marine
- None of your business
- Others?

# Leadership Responsibilities

- Encourage abstinence by making sure no one is pressured to drink
- Ensure alternate drinks are available in place of alcohol
- No drinking games
- No alcoholic Beverages as prizes
- Know the early warning signs of abuse

# Leadership Responsibilities (cont.)

- ID and refer abusers
- Take supportive role in treatment and recovery process
- Accountability for actions

# Leadership Responsibilities (cont.)

- Every Marine must do their part if we are to eliminate drug / alcohol abuse in the Marine Corps

# Urinalysis Testing

- The Marine Corps will not tolerate the possession, trafficking, or distribution of illegal drugs or paraphernalia
- Aggressive random testing is done to deter illicit drug use
- Minimum 10% per month

# Summary

- Alternative Activities
- Early warning signs & progressive nature of abuse
- Responsibilities
- Urinalysis Testing

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# Questions?